

TREADMILL WORKOUT 1

25 minutes of interval training

Time (min)	What to do	RPE
0-5	Warm up. Focus on your form set your pace	2-3
5-7	1 st small sprint	7-8
7-9	Run at your usual pace	5-7
9-11	2 nd small sprint take it up a notch	7-8
11-12	Run for 1 minute	5-7
12-13	Sprint at maximum speed	10
13-14	Run for 1 minute	5-7
14-15	Sprint at maximum speed	10
15-16	Run for 1 minute	5-7
16-17	Sprint at maximum speed	10
17-18	Run for 1 minute	5-7
18-19	Sprint at maximum speed	10
19-21	Run for 2 minutes	5-7
21-25	Cool down with a jog	4-6